

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

JUNE 22, 2007

EasyRiders beat MALS-24, 4-1

Pfc. Brian A. Marion
Combat Correspondent

Excellent first half offense helped Helicopter Anti-Submarine Squadron Light 37's EasyRiders beat Marine Air Logistics Squadron 24, 4-1, during an Intramural Soccer League regular season game Monday at Pop Warner Field.

Blaise Suzon, EasyRiders' striker, scored half of their goals within the first 30 minutes of the game.

Before the game, Edgar Floresalba, MALS 24 coach and defender, felt reasonably confident in his team's ability and planned a new strategy for the game.

"I plan on having more of an offensive team today," Floresalba said. "Hopefully it will work because we struggle a

See SOCCER, C-5



Pfc. Brian A. Marion

Colton Smith, EasyRiders' player, throws the ball in during an Intramural Soccer League regular season game Monday at Pop Warner Field.



Lance Cpl. Edward C. deBree

Deuces Wild's Scott Lemcke slides into home to score a run Monday during the first game of the Intramural Softball League playoffs at Annex Field here. Deuces Wild defeated the Golden Eagles, 14-3.

Deuces Wild defeat Golden Eagles, 14-3

Lance Cpl. Edward C. deBree
Combat Correspondent

Patrol Squadron 2's Deuces Wild and Patrol Squadron Special Projects Unit destroyed the Golden Eagles of Patrol Squadron 47, 14-3, with good defense and hitting Monday at Annex Field in the first game of the Intramural Softball League playoffs.

With Deuces Wild up one at the bottom of the first, the Golden Eagles quickly scored with a two-run homerun by outfielder Tracy Clark, 2-1.

The Golden Eagles' fans cheered thinking the team had the game in the bag, but they were mistaken; the Golden Eagles scored only once more in the game.

Throughout the rest of the game, Deuces Wild was able to maintain the dominant position on the scoreboard through their defense and batting.

When Deuces Wild was on the field, communication between team members

kept the Golden Eagles from advancing past second base.

"Communication is the key to winning any type of game and it's especially good on a short field like this," said Deuces Wild left fielder, Scott Lemcke. "You have to let your teammates know where you're going, where the ball is going and where you're throwing the ball to. If you don't have good communication then you're not going to win, it's as simple as that."

By the fourth inning, Deuces Wild was able to bring the score to 9-3 as each hitter concentrated on getting base hits rather than homeruns, a mistake the Golden Eagles made when they hit.

"This game is about 75 percent hitting and 25 percent fielding. Today we were at 40 percent for both," said Golden Eagles' shortstop, Jacob Smith. "We would hit the ball and everyone would hit a pop ball and they would catch it. In the playoffs you have to hit those line drives and

get base hits, and we didn't do that today."

When Deuces Wild came to bat, batters would smack the ball low to the ground into the field where the Golden Eagles seemed to fumble every time they chased after the ball, resulting in doubles for Deuces Wild.

By the end of the fifth inning, the score rested at 14-3 and the umpire called the end of the game.

"We started the playoffs really good," Lemcke said. "This is a really good morale booster. When you win a game you get motivated and keep winning games and hopefully this will carry us through the playoffs."

One factor Lemcke thought was the cause for the nonstop scoring toward the end of the game was the dip in his opponent's motivation level.

"Once they started losing you could

See WILD, C-4



Pfc. Brian A. Marion

Students from the James Campbell High School Navy Junior Reserve Officer Training Corps act as the color guard.

Hundreds race to help vets

Pfc. Brian A. Marion
Combat Correspondent

Hundreds of people participated in the 2007 Patriot 5k Run/Walk Saturday at Iroquois Point Island Club on Ewa Beach.

The run was hosted by the U.S. Vets - Hawaii to help homeless veterans around Hawaii fit back into society and provide shelter until they do.

"The goal of U.S. Vets is to help the Iraq vets get help right away," said Kymberly M. Pine, assistant minority leader. "We have helped over four million vets in Hawaii [from throughout the United States] so far, and look to increase that number after today."

The Patriot Run/Walk was about 3.1 miles long and ran around Iroquois Point, raising more than \$25,000, not including donations.

To ensure safety for the participants, there were 15 people



Pfc. Brian A. Marion

More than 400 people participated in the Patriot 5k Run/Walk Saturday. As the race started, the runners were waved forward by a volunteer holding the American flag.

stationed along the route in case anything happened. The participants wore ankle bracelets with chips embedded in them to help track when and who crossed the finish line.

The overall winner was Jacob Valeriona with a time of 17:43, who was followed by Kevin Schleg, 18:06, and Emily King, 19:41. But, it isn't

just about winning.

"This is a good type of exercise and a good cause to support," said Dave Howard, 63. "I have a closet full of t-shirts from these sorts of events."

"I mainly ran to help motivate other U.S. vets that were running, and to show myself that I could still do it," said Chris Collins, 39. "The key is to set a good pace and keep on

going from there."

"It was a good run," said Steve Colon, 49. "It was a well organized event that showcased a scenic and beautiful community that little know about. Since I am a retired Navy Captain, I am sensitive to support organizations that help homeless vets, and I support U.S. Vets and their great cause."

Sports Around Base

Youth Soccer

Marine Corps Community Services Youth Activities' Youth Soccer will begin in August. For more information, call 254-7611.

Parents for Fitness

The Parents for Fitness Program is a cooperative baby-sitting effort available at the Semper Fit Center, MCB Hawaii for all active duty service members and their families. The PFFP participants are required to volunteer baby-sit three times per month and is open for children 6 weeks and older. For more information, contact Dana at 235-8901.

Deep-Sea Fishing Charters Offered at Base Marina

Fishermen searching for convenient access to deep-sea charters need look no further than the MCB Hawaii Base Marina. Bill Collector Fishing Charters offers numerous charter packages accommodating up to six passengers. Avoiding the traffic and crowd of Oahu's South Shore, Bill Collectors charters fish from the uncrowded waters of windward Oahu. Call the Base Marina to charter the Bill Collector at 257-7667 or 254-7666.

Campground and Picnic Sites

For picnic and campsites, Marine Corps Base Hawaii offers some of the most scenic beaches on the island. Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase are available by reservation from dawn to dusk for picnics and parties. Hale Koa Beach may be reserved for overnight camping. Reservations are required. Call 254-7666 for Kaneohe or 477-5143 for Camp Smith for more information.

Okinawa Kenpo Karate

Every Tuesday and Thursday, join Youth Activities' contractor for Kenpo Karate Kobudo classes, held from 6 to 7:30 p.m. in Building 1391, located behind the old 7-Day Store. Adults and children are welcome. Costs for classes are \$35 for adults, \$25 for children, and \$20 for additional family members. For information, call Youth Activities at 254-7610.

Paintball Hawaii

Nestled behind the Lemon Lot stands Paintball Hawaii. Shoot over for the great deals and have a blast with your friends. Cost is \$25 per person and includes one air refill, equipment and the field fee. The field is open on week-ends from 9 a.m. to 5 p.m. Call 265-4283 for appointments.

K-Bay Lanes

K-Bay Lanes offers economical entertainment Mondays through Thursdays. All E-1s to E-5s pay \$1.75 for games and 50 cents to rent shoes. For more information, call K-Bay Lanes at 254-7693.

K-Bay Lanes Color Pin Special

Every Wednesday, when you roll a strike and a colored pin is in the headpin position, you can win up to three free games of bowling. All patrons are welcome to take advantage of this deal. If you make the play, you win! For more information, call the K-Bay Lanes at 254-7693.

Personal Trainers Available at Semper Fit

For those looking to get into a tailored exercise regiment, or for those just looking for some good advice on weight management and weight control, the Semper Fit Center offers free personal training consultation. You can schedule an appointment with a trainer who will take body-fat measurements, blood-pressure and heart-rate readings. They will do all this and tailor a program, based on your physical needs and ambitions. For only \$5 per workout, a professional trainer will actually work with you to ensure maximum efficiency. Pick up a personal training appointment card at the Semper Fit Center now, or call 254-7597.

Semper Fit Center Offers Array of Group Exercise Programs

Semper Fit Center announces a new and expanded aerobics program. These new classes now being offered include a variety of workouts. The class schedule for Fridays is as follows:

8:45 to 10 a.m.
Step Challenge

11:45 a.m. to 12:15 p.m.
Gut Cut

4:45 to 5:45 p.m.
Cycling

5:45 to 6:45 p.m.
Pilates

7 to 9 p.m.
Aikido

Pfc. Brian A. Marion

Combat Correspondent

For 12 years Emmanuel Castillo, a corporal from Sonora, Mexico, has focused his efforts on his lone passion, soccer. "I feel comfortable, relaxed and happy when I play soccer," Castillo said. "When I am having a bad day or week, I really look forward to just playing it. It is unlike any other sport out there. It can take 90 minutes to make the first goal of the game." With friendly peer pressure, Castillo began playing soccer when he moved to San Diego at 13. He quickly became adept at the sport, but didn't begin to love the game until he scored his first goal.

"I still remember that shot," Castillo said. "It was a bouncing ball and when I kicked it, it went toward the corner of the goal, out of the reach of the goalkeeper. It was one of the best feelings, seeing my teammates running toward me and cheering. It was like winning the lottery." When he was 16, Castillo joined a soccer club in San Diego. "This club was actually for the children with wealthier families than mine," Castillo said. "When I said that I couldn't pay for the membership, they said, 'don't worry about the membership fees. As long as you play for us, we will pay it.'" He continued playing soccer at Crawford High School, where he and two other freshmen started on the varsity team. "I remember gaining a few fans my freshman year," Castillo said. "There weren't many, but it was a start." During his high school career, his team won two division titles. "It felt good to win those two titles in high school," he said. "It was something I could brag about."

After high school, he enrolled at La Mesa College for a semester before deciding to join the Marine Corps. His first duty station was Marine Corps Air Station Miramar, Calif. While at Miramar, he became the team captain of their intramural soccer team. He led them to two straight West Coast Regional Championships, which were held at Marine Corps Recruit Depot San Diego. He was then sent to Kaneohe Bay in January 2005. He joined Combat Service Support Group 3's intramural soccer team. In 2007, the 25-year-old decided to become the team's coach because he thought, "Who better to be the coach than someone who has played?"

"He tries to make everybody motivated during practice," said Edgar Dominguez, CSSG defender. "He looks to be in control and confident when he coaches and plays," said Joshua Smith, CSSG outside defender. "He plays more than he coaches, but when he does coach, he uses the team to help influence his decisions. He's not that bad of a coach for his first year." In 2007, Castillo was selected to tryout for the All-Marine team. The tryouts started January 3, and lasted two weeks, though it usually lasts one month, Castillo said. "The tryouts were the toughest thing I have ever done physically," he said. "All



Pfc. Brian A. Marion

Emmanuel Castillo began playing soccer at 13. Now a Marine, he's had the opportunity to play for the All-Marine Soccer team and the All- Armed Forces' team.

we did was run in the morning, then scrimmage against each other in the afternoon, play games in the evening." Out of the 45 Marines who tried out for the team, Castillo was one of 18 who made it. "I kind of knew before they announced who made it that I was one of them, but it was still a relief for them to call my name," Castillo said. From January 16 to 23, Castillo and the rest of the All-Marine team traveled to Naval Station Mayport in Jacksonville, Fla., for the All Armed Forces Tournament. Castillo remembered that he felt anxious, happy and excited to be competing in the highest level of soccer in the military. "Two of my fondest memories are when I won the championships with Miramar the first time, and making the All-Marine team," Castillo said. The team didn't do well, winning two of their eight games. After the tournament ended, the coaches and assistant coaches gathered all the players from every team together and announced the All Armed Forces team. Castillo and others from each service were selected to the team. "It felt good to be selected for the All

Armed Forces team," Castillo said. "It was nice knowing I was one of the best." The All Armed Forces team traveled to Brazil to play, but Castillo was unable to go due to passport problems. Being on the All-Marine team has affected him in a good way, Castillo said. He was able to travel, and he was able to represent the Marine Corps in Florida. Throughout his soccer career, Castillo said he's been fortunate to only receive an occasional ache. "I think I could live without playing soccer if I got hurt bad enough," he said. "It would be really hard, but if I couldn't play soccer, then I would coach it." Castillo said he plans to continue playing soccer as long as he's able to. "Soccer is very significant in my life," Castillo said. "I have made lifetime friends through it. It has kept me off of drugs and out of gangs. My friends who played soccer got me into teams when my other friends started doing drugs. Soccer even influenced me into joining the Marine Corps, because my recruiter showed me some pictures of when he played soccer for the Corps. I'm glad the Marine Corps allows me the opportunity to play a simple sport called soccer that brings me great joy."

Waiting for the race



Pfc. Brian A. Marion

Runners mill about waiting for the start of the 2007 Patriot 5k Run/Walk, which was held Saturday at Iriquois Point. The event raised more than \$25,000 to help shelter the homeless veterans in Hawaii.

SPOTLIGHT ON SPORTS

2007 Intramural Standings

Softball

TEAM	WINS	LOSSES
CSSG-3	21	1
HQBN	15	6
MALS-24	14	6
3RD RADIO BN	13	8
2/3 "WEAPONS"	13	8
HSL-37	9	10
VP-9	8	10
VP-47	9	12
2/2	8	12
MALS-24 "SUPPLY"	6	16
MCAF "BYE WEEK"	5	16
MCAF "GOOD TIMERS"	4	17



Volleyball

TEAM	WINS	LOSSES
HEALTH CLINIC #1	6	0
FED. FIRE DEPT	5	1
MAG-24	4	2
HEALTH CLINIC #2	2	4
PMO "HQBN"	1	5
HSL-37	0	6

Standings as of June 14



Soccer

TEAM	WINS	LOSSES	TIE	PTS
3RD RADIO BN	8	0	0	16
CSSG-3	7	1	0	14
HQBN	4	4	1	9
VPU-2	2	4	3	7
HSL-37	3	5	1	7
MALS-24	2	6	1	5
VP-9	0	6	2	2

Standings as of June 18

Sports Briefs

Marine Corps Base Hawaii will host the Hawaii State Criterium Championship bicycle race on July 8. Registration for the event is \$25. Event goers can register on-line at active.com or mail in entries to Carl Brooks at c/o BikeFactory, 740 Ala Moana Blvd., Honolulu, HI 96813.

For more information, call Carl Brooks at 372-4538.

The Women's Softball team meets every Thursday at 6 p.m. at the Annex Field. The team is still looking for players to participate.

Varsity Men's and Women's Basketball coaches are needed. Applications are currently being accepted.

The All-Marine Golf team is now accepting applications for qualified players. Qualified men must have a handicap of 4 or lower and qualified females must have a 14 or lower. For more information, call Meghan Brophy at 254-7590 or go to Building 219 for an application.

The following are the dates and locations of the tournaments.

All-Marine (Sept. 14-20) MCB Lejeune, N.C.
Armed Forces (Sept. 21-27) NAS Oceana, Va.
CISM (Sept. 30 - Oct. 6) Pretoria, South Africa

Commander's Cup stats

Team Standings													
Place	Team Name	Points Won	Points Lost	Team Ave.	HDCP	Pins plus Handicap	Place	Team Name	Points Won	Points Lost	Team Ave.	HDCP	Pins plus Handicap
1	AINOKEA	57	23	639	128	46738	11	Pinheads	40½	39½	545	204	45116
2	Team Whidbey	51½	28½	588	168	45769	12	Flaming Hookers	38	42	606	153	45179
3	BANNED	47	33	660	110	45620	13	Effin' H	37	43	589	167	45345
4	Illegal Affairs:ReDux	46½	33½	665	106	46896	14	The Untouchables	36	44	473	261	44239
5	4th Force Recon	46	34	550	199	45012	15	The Happy Team	32	48	520	222	42476
6	Ghost Team	44½	35½	589	167	45423	16	Team 3	31½	48½	609	151	38101
7	3 Putts	44½	35½	559	192	45375	17	The Blue Ballers	30	50	539	208	42072
8	Team 17	43	37	455	274	44557	18	Big Ern's Kids	30	50	540	207	40325
9	Golden Eagle's	42	38	621	141	43634	19	Da Pin Droppers	28	52	455	275	44793
10	VP-9	41	39	517	225	42458	20	Team Ramrod	25	55	466	266	41650
Results of Last Week's Bowling.....													
Lanes	Team Name	-1-	-2-	-3-	HDCP Total	Last Wk WON	Team Name	-1-	-2-	-3-	HDCP Total	Last Wk WON	
1-2	The Blue Ballers	713	795	823	2331	3	Da Pin Droppers	781	779	770	2330	1	
3-4	Illegal Affairs:ReDux	814	750	781	2345	0	The Untouchables	875	878	917	2670	4	
5-6	Team Whidbey	815	793	828	2436	4	Team 3	791	776	819	2386	0	
7-8	Flaming Hookers	762	698	758	2218	0	4th Force Recon	764	715	789	2268	4	
9-10	3 Putts	718	771	822	2311	1	Pinheads	759	783	818	2360	3	
11-12	Effin'H	700	785	746	2231	0	BANNED	905	819	825	2549	4	
13-14	Ghost Team	693	732	698	2123	0	AINOKEA	734	785	781	2300	4	
15-16	VP-9	0	0	0	0	0	Golden Eagle's	0	0	0	0	0	
17-18	Team Ramrod	767	733	743	2243	3	Team 17	700	716	775	2191	1	
19-20	Big Ern's Kids	797	797	710	2304	3	The Happy Team	692	729	790	2211	1	
Last Week's High Scores for Immediate Release													
Scratch Game				Scratch Game				Scratch Series				Scratch Series	
Men	241	Mark Gleason	213	Dan Burford	659	Mark Gleason		576	Melenie Nixon	423	Laura DeJulio		
	237	Jason Gilbert	212	Scott Hammond	624	Dan Burford		494	Abby Hammond				
	233	Dan Burford	210	Johnny Zaledonis	600	Jason Gilbert							
	223	Salvatore Taibi	209	Shawn Harrison									
	219	Joshua Peterson	202	Mark Gleason									
	216	Mark Gleason	201	Michael Saxe									
214 Salvatore Taibi													
Women	237	Melenie Nixon	177	Abby Hammond	576	Melenie Nixon		423	Laura DeJulio				
	194	Melenie Nixon			494	Abby Hammond							

Dance Movement Academy and K-Bay Gymnastics

Dance and Gymnastics classes are available for youth between the ages of 1 and 18.

Classes are held Monday through Saturday and encompass areas of interest such as Team Gymnastics, Cheerleading, Tumbling and Trampoline, Jazz and Tap Dancing, Hula and others.

Interested participants are offered one FREE trial class. Just call 479-3273 to arrange your free class.

Fees will vary according to class frequency and length.



Base Pool hours

The base pool offers a water slide, diving boards and a kiddie pool for the keiki.

Summer hours:

Open swim

Tuesday through Thursday 1 to 6 p.m.
Saturday and Sunday 12 to 6 p.m.

Adult Lap swim

Tuesday through Thursday 11 a.m. to 1 p.m.
Saturday and Sunday lanes available 12 to 6 p.m.

Water Aerobics

Tuesday and Thursday 11:30 a.m. to 12:30 p.m.
Saturday 10 to 11 a.m.

The pool is closed on Mondays. For more information, call 254-7655.





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Lance Cpl. Edward C. deBree

Deuces Wild’s Scott Lemcke smacks the ball deep into right field during the first game of the Intramural Softball League playoffs, Monday, against the Golden Eagles at Annex Field. Deuces Wild came out victorious due to their hitting and defense, 14-3.

WILD, from C-1

tell that they just weren’t in the game anymore,” he said. “We’ve been there before and we know what was going through their minds. Once you’re down on the board your morale drops and you just think to yourself, ‘this sucks,’ and I think that’s what was going on with them.” Motivation may have been the cause of the Golden Eagles defeat, but Smith said they will begin to make a comeback. “We’ll pick back up,” he said. “Today’s loss may have been caused by playoff jitters, but I know that we’ll come back and hopefully take the playoffs.”

Golden Eagles’ outfielder Tracy Clark throws the ball after a batter from the Deuces Wild smacked it deep into left field.



Lance Cpl. Edward C. deBree



Home safety for children

Tami Faram
LIFELines

The National SAFE KIDS Campaign has some great tips for keeping your home safe for our school-age children. The Web site provides all types of information that can help you provide a safe surrounding for your children — from the kitchen, playroom and bedrooms — to the family's backyard.

Fire Safety

Although school-age children may not be putting their fingers into sockets, they are at the height of curiosity at the ages between 5 and 9, according to Angela Mickalide, Ph.D., and program director for the National SAFE KIDS Campaign. "Fire and burn protection can affect everyone," she said, so parents should keep their smoke detectors active and plan escape routes out of the house. She added that older kids who are in charge of helping younger siblings get out of the house should also be involved in a family's plan for escape.

Matches and Lighters

These can still be a problem for school-age children, who have a natural curiosity about fire. "They may wonder how long it takes the fire to build or want to try lighting a match on their own," Mickalide said. "So parents should still keep matches and lighters out of their reach."

Cooking

"Parents should always supervise kids under 12 when in the kitchen," said Mickalide, "especially when using the stove and microwave. The stove is really hazardous for everyone, even adults. Kids may be cooking while wearing loose-fitting

clothing, and a shirtsleeve can catch fire. So, really, kids should be supervised until they're at least 12." She adds that 12 is also a safer age for children to use a kitchen knife to help prepare dinner.

Carbon Monoxide

"It's an odorless, colorless, tasteless gas that can affect kids and adults," she said. Mickalide recommends that adults get a carbon monoxide detector for their homes. She said the gas could be detected in a home-heating unit or in certain appliances.

Bathing

Children should be supervised when taking a bath or shower until they are at least 8 years old, Mickalilde said. But even after that, parents should make sure their hot water heater is set at no higher than 120 degrees, so that older children don't burn themselves when adjusting the faucet.

Windows

Although it seems that very young children would be most likely to fall from a window, older children can also be in danger. Mickalide said that 7- to 10-year-olds still enjoy jumping on their beds — and if that bed is near a window, a child of any age can fall out. By installing widow guards on your widows or screens, you better protect your children.

Medicines and Cleaning Fluids

Although the numbers of children under age 4 accidentally ingesting poisons is declining as parents become more aware of the dangers, "We're seeing that the numbers of kids ages 5 to 9 is still steep," Mickalide said. "Kids these ages are still curious about things, so remove the temptation."

Firearms

Like many police departments and national organizations, the National SAFE KIDS Campaign also recommends that firearms be stored in a locked place, with the bullets removed and stored separately. Mickalide said, "Even as you become confident with your child's emerging independence as he or she grows older, it's still a lot to ask for kids not to be curious about using a gun."

Playground

Though school and community playgrounds are typically at question when it comes to kids safety, there are also many injuries that occur in a family's own backyard and on the family swing set. Mickalide recommends that there should be 9 to 12 inches of padded surfacing underneath a play set, and that playground equipment should be located away from other objects in a yard, such as a gas grill.

Exercise Equipment

This also poses dangers for curious children who want to mimic mom or dad working out on their treadmill, exercise bike, or free weights. "It's best to keep exercise equipment out of the room where children play," Mickalide said.

The National SAFE KIDS Campaign is adding a link to their site that will enable military families located overseas to obtain the latest information on product recalls and safety regulations for car seats and other items in their own locale.

In addition, there are many other websites parents can look to for safety information. They include Afterschool.gov, which contains federal resources for children and youth, and the National Network for Child Care.

Stay healthy: *That's an order*

Kelli Kirwan
LIFELines

Much is expected of Sailors, Marines, and their families. Active-duty members are expected to stay physically fit and healthy, while family members need to be proactive in their own health and wellness, too, in order to feel good and be successful. The more you know about taking care of yourself, the better your life will be. That's why the Navy and Marine Corps provide education, activities, and facilities to help you and your family stay healthy.

Learn to Be Healthy

Navy medicine has embraced the idea that health and wellness education is a good investment in service members and their families. Wellness centers, such as the Naval Medical Clinic, Makalapa, Hawaii, offer health education classes, wellness counseling, health screenings, and other resources. The clinic is also the first to offer a wellness vehicle that will travel to the workplace, bringing immunizations, blood draws, physical assessment screening, and health promotion education. Information on issues such as eating right, blood pressure, cholesterol, and tobacco can be presented anywhere, reaching more Sailors and their families than ever before.

Most Naval hospitals have a wellness program or health promotion classes like the ones offered at Naval Hospital Bremerton's Everett, Wash., branch. Topics of classes offered at the Everett branch include:

- ◆cardiovascular health
- ◆childbirth
- ◆cholesterol and hypertension
- ◆healthy back
- ◆infant care
- ◆managing stress
- ◆nutrition, weight control, and fitness
- ◆parenting
- ◆tobacco cessation

Move Into Physical Fitness

Taking care of our health isn't just about immunizations. It also means addressing physical fitness. The Marine Corps' Semper Fit program provides health promotion classes and services, such as massage, injury prevention, hypertension education and control, and a variety of fitness exercise classes. Yoga, kickboxing, and step aerobics are just some of the ways you can keep your body in shape and add to your overall well being.

Manage Stress

Staying healthy also means learning to deal with stress. Taking control of stress in your life is a big step in preventive healthcare. Making the connection between mind, body, and spirit is one way people have been successful in managing stress. Many believe good health is all

about balance in your life.

Avoid Illness

Eating right, exercising, and practicing preventive healthcare doesn't always keep you and your family from illness. Odds are, if you walk out your front door, you're going to be exposed to a virus or bacteria. With viruses like Severe Acute Respiratory Syndrome (SARS) and other infectious diseases, it doesn't hurt to take routine precautions such as these, which promote a healthy lifestyle.

- ◆Practice consistent and proper hand washing.
- ◆Routinely use common household cleaners and disinfectants.
- ◆Use antibiotics properly, as directed by your doctor.
- ◆Get immunized.
- ◆Handle and prepare food safely.
- ◆Keep pets healthy.

Life today is global, fast paced, and stress filled. It is every person's responsibility to take care of him or herself. The Navy and Marine Corps are helping provide the tools to do that through various programs and facilities. Now it is up to you and your family to do your part and stay healthy.



Pfc. Brian A. Marion

Bratt Stevenson, EasyRiders’ player, kicks a free kick after being fouled during an Intramural Soccer League regular season game Monday at Pop Warner Field. The EasyRiders brought out their intensity at the beginning of the game and did not lose it for the entire game.

SOCCER, from C-1

little bit with our goalies.”

Jose Vargas, EasyRiders’ coach and striker, also felt it’d be a good game.

“I played for them last year, and this should be a good rivalry game,” Vargas said. “As long as we capitalize in the game, we should come out on top.”

Vargas said his team would come out with intensity and play none of his players out of position.

“We will be doing a few tweaks here and there, but nothing major,” Vargas said.

The first half began with the EasyRiders gaining possession of the

ball. Within 20 minutes both teams scored. Suzon scored the first goal of the game, followed within minutes by Wade Mayhew, MALS 24 striker, who put his team on the board.

The EasyRiders continued their scoring drive with goals by Suzon and Vargas, making the score at halftime 3-1.

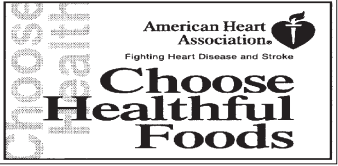
After a plethora of second half misses, Johnathon Rockwood, from the EasyRiders, scored the only shot of the half. The goal led to an EasyRiders victory, 4-1.

With the loss, Floresalba learned what his team needed to change before the next game.

“Our defense slipped a little bit,” Floresalba said. “They had some really fast strikers and it showed us that we needed better keepers and strikers. We had good teamwork, and if we find players to fill in those positions, we might have a chance in the playoffs.”

Vargas, on the other hand, thought his team played perfectly.

“We were playing with intensity since the beginning of the game, and that was what we were trying to do since the beginning of the season,” Vargas said. “The team put forth a great effort and did a great job. I feel that we will be going into the playoffs with a solid team.”



AROUND THE CORPS

Coming to grips with the perfect pull-up

Lance Cpl. W. Zach Griffith
Okinawa Marine Staff Writer

CAMP FOSTER, Okinawa

— Controversy surrounds the money-maker of the Marine Corps physical fitness test: the pull-up. The main question many male Marines have is which grip technique is better to achieve that perfect 20: the overhand or underhand grip? Marines on both sides of the line have their own compelling arguments for which is the best way to go. So, when looked at scientifically, which way comes out on top?

The answer seems to depend on whom you ask.

According to Marine Corps Community Services Fitness Instructor Tara Danks, underhand is the way to go.

"Doing more pull-ups is all about muscular endurance," Danks explained. "The muscles you use in the underhand grip have greater endurance. Work those muscles to get and maintain more pull-ups for your PFT."

Danks also said the same principal holds true for females who execute the flexed-arm hang for their physical fitness test. There appears to be no disagreement among females that underhand is the way to go.

But for the males, disagreement is everywhere. Lance

Cpl. Waldermar Ortiz, a landing support specialist with Combat Logistics Battalion 4, for example, said overhand is the better choice.

"You use more muscle groups when you go with the overhand grip," said Ortiz, who was a certified personal trainer before joining the Marine Corps.

He said the underhand grip primarily uses the bicep muscles, a smaller muscle group than the latissimus dorsi used for the overhand technique.

But for Lance Cpl. John D. Whitney, an electro-optical ordnance repairer with CLB-4, the overhand technique is not effective, and his pull-ups increased when he switched from over to underhand, he said.

With the overhand, he hit a ceiling at 10, despite his best effort. Once he switched,

though, he began improving and can now consistently do 15 to 18.

Out of 20 Marines interviewed in an unofficial survey on Camp Foster, half used the overhand and the other half used the underhand. The overhand grippers surveyed had an overall average of 20 pull-ups, while the underhanders averaged 15.

One consistency among Marines surveyed who could do more than 20 was that they all used the overhand grip.

Only one person who preferred the underhand grip could do more than 20.

After analyzing the results of the survey and the advice of experts, the answer to which technique is best seems to depend more on individuals than muscle groups.

Danks said the secret is



Lance Cpl. W. Zach Griffith

Some argue the underhand method is the inferior grip when it comes to maxing out on the pull-up portion of the physical fitness test. For Cpl. Josh Gendron, pictured, the underhand method helps him maintain a first class PFT.

finding what works and sticking with it.

"If you can already do 15 to 20 pull-ups overhand, stay with that grip," Danks said.

"You can always improve. If you are stuck or starting from scratch, go with underhand."

So while there is evidence supporting both pull-up tech-

niques, one thing seems certain: improving pull-ups requires constant work, and there are no shortcuts offering overnight improvement.

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